

Complete the Lab Sheet and state your VO2. Read Text p 129 and 130

1. Define VO2

2. Define VO2 max

Nov 23-7:05 AM

3. What other measures have a direct effect on VO2? Explain

4. Name 2 other ways to measure VO2 max.

5. What are the limiting factors for VO2? Explain each briefly

Nov 23-7:06 AM

Nov 8-1:20 PM